

Current Review

Adverse immunologic effects of antithyroid drugs

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Propylthiouracil and methimazole are frequently used in the management of hyperthyroidism. Two patients in whom adverse immunologic effects other than isolated agranulocytosis developed during treatment with propylthiouracil are described. A review of the literature revealed 53 similar cases over a 35-year period. Rash, fever, arthralgias and granulocytopenia were the most common manifestations. Vasculitis, particularly with cutaneous manifestations, occurs and may be fatal. The clinical evidence suggests that an immunologic mechanism is involved. A number of different autoantibodies were reported, but antinuclear antibodies were infrequent, and none of the cases met the criteria for a diagnosis of systemic lupus erythematosus. Thus, the reactions do not represent a true drug-induced lupus syndrome. Current hypotheses and experimental data regarding the cause of the reactions are reviewed. No specific clinical subgroup at high risk can be identified, and manifestations may occur at any dosage and at any time during therapy. Cross-reactivity between the two antithyroid drugs can be expected. Except for minor symptoms (e.g., mild arthralgias or transient rash), such reactions are an indication for withdrawal of the drug and the use of alternative methods to control the hyperthyroidism. In rare cases of severe vasculitis a short course of high-dose glucocorticoid therapy may be helpful.

On utilise souvent le propylthiouracile et le méthimazole dans le traitement de l'hyperthyroïdie. Présentation de deux malades ayant accusé lors d'un traitement au propylthiouracile des effets immunologiques autres qu'une agranulo-

cytose isolée. Une recherche bibliographique décèle 53 cas comparables répartis sur 35 ans. Les symptômes les plus fréquents sont les éruptions, la fièvre, l'arthralgie et la granulocytopenie. La vasculite survient surtout en présence d'une éruption; elle est parfois mortelle. Le tout fait penser à un trouble immunologique. En dépit de la démonstration de divers auto-anticorps, on trouve rarement des anticorps antinucléaires; aucun de ces cas ne satisfait les critères du diagnostic d'un lupus érythémateux disséminé. Aussi ne saurait-on parler ici d'un syndrome lupoïde médicamenteux. Les auteurs passent en revue les hypothèses actuelles et les données expérimentales pertinentes à la cause de ces réactions. On ne peut définir, parmi les hyperthyroïdiens, un sous-groupe prédisposé aux effets décrits ici; ceux-ci peuvent survenir quelle que soit la posologie et à tout moment du traitement. On doit s'attendre à une réactivité croisée à l'égard des deux médicaments susdits. Hormis les symptômes légers (telles une petite arthralgie ou une éruption fugace), les phénomènes décrits ci-dessus indiquent l'arrêt du médicament et le recours à un autre mode de traitement de l'hyperthyroïdie. Rarement, en présence d'une vasculite grave, on se trouvera bien d'une courte corticothérapie à fortes doses.

Propylthiouracil and methimazole are thioureyllene derivatives commonly used in the management of hyperthyroidism, especially that due to Graves' disease.¹ These drugs are used for control of the hyperthyroid state until spontaneous remission occurs or the effects of radioiodine therapy take place or in the preparation of the patient for thyroidectomy. Since hyperthyroidism is a common endocrine problem and no alternative drug therapy is available, these drugs will continue to be used frequently by physicians caring for these patients.

Recently we observed adverse immunologic effects in two patients receiving propylthiouracil. A search of the literature for such cases revealed that similar adverse effects have been reported inter-

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mittently during the 35 years that these antithyroid drugs have been available. In this paper we briefly describe our patients and review the nature and frequency of the various adverse effects reported as well as current hypotheses as to their cause. Since isolated agranulocytosis is a well-known adverse effect of thioureylenes drug therapy and has previously been reviewed,² we emphasize other adverse immunologic effects that are not as well known.

Illustrative cases

Case 1

A 47-year-old woman was treated for Graves' disease in 1963 with propylthiouracil and radioiodine. She was well until June 1983, when she presented with recurrent symptoms. Her thyroid hormone levels confirmed the diagnosis of recurrent hyperthyroidism, and a thyroid scan showed diffusely increased uptake of tracer radioactive iodine. Radioiodine was administered and therapy with propylthiouracil restarted.

Four weeks later the patient returned with a 3-week history of intermittent fever, chills, nausea, vomiting, anorexia and tremulousness. She had a temperature of 40°C, no palpable thyroid tissue, mild splenomegaly and a purpuric rash over her buttocks and lower extremities. The serum triiodothyronine level and free thyroxine index were 0.8 (normally 1.5 to 3.4) nmol/L and 17 (normally 31 to 167) respectively. Antithyroglobulin and antimicrosomal antibodies were present. There was mild anemia but no reticulocytosis or spherocytosis. The direct antiglobulin test gave positive results for both IgG and C3. The leukocyte count was 0.7 (normally 4.0 to 11.0) $\times 10^9/L$, with only $0.4 \times 10^9/L$ neutrophils. The platelet count was 122 (normally 140 to 440) $\times 10^9/L$. The partial thromboplastin time was elevated, at 63 (control value 32) seconds, and the prothrombin time slightly elevated, at 13.1 (control value 11.2) seconds. Serum levels of electrolytes, measured urea, creatinine, aspartate aminotransferase, alanine aminotransferase, lactate dehydrogenase, alkaline phosphatase and bilirubin were normal. An assay for antinuclear antibodies gave negative results. Serum protein electrophoresis showed slight hypergammaglobulinemia (γ -globulin level 19 [normally 9 to 18] g/L), with elevation of the IgG fraction. The C4 level was 0.1 (normally 0.2 to 0.5) g/L. Urinalysis gave normal results. A skin biopsy specimen showed minute perivascular lymphocytic infiltrates in the upper dermis, with intact vessel walls.

Propylthiouracil therapy was stopped, and hydrocortisone, 250 mg given intravenously every 6 hours, administered. The symptoms dissipated over a few days, and the hematologic abnormalities, rash and splenomegaly resolved over the next 2 weeks. Corticosteroid therapy was rapidly tapered off, and the patient has remained well and become euthyroid without further therapy.

Case 2

A 31-year-old woman was first seen at our institution in December 1981. Graves' disease had previously been diagnosed on the basis of a diffuse goitre and abnormal thyroid indices. Propylthiouracil had been prescribed, but the patient had stopped taking it. At the time of referral she was still mildly symptomatic and had an elevated serum triiodothyronine level (4.3 nmol/L). Therapy with propylthiouracil, 100 mg taken orally three times daily, was restarted, with subsequent improvement.

The patient was well until October 1982, when arthralgias of the elbows, knees and ankles developed, along with an erythematous maculopapular rash on her forehead. Propylthiouracil therapy was stopped. The rash resolved promptly, and the arthralgias resolved over the next month. The patient has remained euthyroid and well.

Nature and frequency of adverse effects

Our two cases demonstrate different hypersensitivity reactions to propylthiouracil. In patient 1 the prominent manifestations were fever, leukopenia, purpuric rash and splenomegaly, whereas patient 2 had migratory arthralgias and an erythematous rash. A review of the literature revealed that over a 35-year period 53 cases of adverse immunologic effects associated with antithyroid drugs were reported. The reactions occurred at any age. As expected, given that hyperthyroidism is predominant in females, more females than males were affected. Toxic effects occurred at any dosage, at the first or repeated exposure to the drug and at any duration of therapy, from days³ to several years.⁴⁻⁶

The four most frequently reported manifestations were rash, fever, joint symptoms and granulocytopenia (Table I). Rash, seen in 50% of cases, was generally purpuric or, less frequently, ulcerative. Skin biopsy, when performed, often revealed vasculitis.^{5,7-12} Fever, reported in almost 50% of cases, was rarely associated with infection despite the often associated leukopenia, which indicates that it is a manifestation of hypersensitivity. Joint symptoms occurred in 40% and most often consisted of symmetric involvement of distal joints; half of these patients had evidence of synovitis.

Granulocytopenia, a well-recognized adverse effect of thioureylenes therapy with an incidence rate in exposed patients of about 4%,² occurred in 45% of these cases. However, since in some cases it was the only symptom, it may not be a manifestation of hypersensitivity but, rather, a direct toxic effect.² The fact that antithyroid drugs are actively concentrated by granulocytes is also compatible with this hypothesis.²⁶ Agranulocytosis (granulocyte count less than $0.25 \times 10^9/L$) occurs in only 0.3% of treated patients.² This is an idiosyncratic reaction of rapid and unpredictable onset, distinct from the more common asymptomatic granulocy-

topenia. In some cases antineutrophil antibodies have been identified.^{13,27-29} Furthermore, in some patients with agranulocytosis, lymphocyte transformation was induced by exposure of the lymphocytes in culture to autologous serum with antithyroid drugs.²⁹ A search for such antibodies in patients with benign granulocytopenia has not been carried out, and therefore it is not possible to state with certainty that benign granulocytopenia is secondary to direct drug toxicity. Aplastic anemia has been associated with methimazole therapy,^{30,31} and in one report an inhibitor to colony-forming units in culture was found in the patient's serum.³¹

Other reported laboratory abnormalities include anemia, thrombocytopenia and polyclonal hypergammaglobulinemia. Many cases of anemia were not fully investigated. In our patient 1 anemia was associated with a positive result of a direct antiglobulin test. Although there was no specific evidence of hemolysis in our patient, this manifestation has been described.¹⁴ In one case of thrombocytopenia the patient was found to have platelet-associated IgG and many megakaryocytes in the bone marrow, findings indicative of immune-destructive thrombocytopenia.¹³ The hypergammaglobulinemia found in our patient 1 and reported by others may reflect production of nonspecific, drug-stimulated polyclonal antibodies. Interestingly, there have been cases of development of autoantibodies to marrow precursor cells,³¹ insulin^{32,33} or glucagon³⁴ during methimazole therapy.

Circulating immune complexes were demonstrated in a few cases,^{9,16} but their significance is uncertain, as such complexes have been described in untreated thyroid disease.^{35,36}

Vasculitic involvement of organs other than the skin was uncommon. However, a fatal case of periarteritis³⁷ and cases of nephritis,^{5,9,17} myositis⁹ and cavitary pulmonary infiltrates⁶ have been reported.

Hepatitis has also been observed as a complication of antithyroid drug therapy.^{16,18,38-43} In some cases it was the only finding and therefore, as in cases of granulocytopenia, may be a direct toxic effect of the drug or its metabolites. However, in two cases hepatitis developed in conjunction with other systemic manifestations.^{16,18} In one of these¹⁸ and in a case of isolated hepatitis,⁴² lymphocyte sensitization to propylthiouracil was demonstrated, which suggests an immunologic mechanism.

Hypoprothrombinemia, which occurred in our patient 1, has been reported in the absence of other evidence of liver dysfunction.^{7,9,20,44,45} There have been no reports of circulating anticoagulants. The cause of the possible factor deficiency is unknown.

In several cases there was only one manifestation, which, given the clinical or laboratory evidence, was probably immunologically mediated. These included aplastic anemia,³¹ antibodies to insulin,^{32,33} antibodies to glucagon,³⁴ periarteritis,³⁷ polyarthritis,²⁴ leukopenia²⁷⁻²⁹ and hepatitis.⁴²

Most of the toxic effects ascribed to antithy-

Table 1 — Reported adverse immunologic effects of antithyroid drugs

Drug, patient's age, sex	Dose	Fever	Rash	Arthralgia	Arthritis	Solenomedi	Granulocytopenia	Agranulocytosis*	Anemia	Thrombocytopenia	Antinuclear antibody	Hypergammaglobulinemia	Hepatitis
Propylthiouracil													
37 M ¹	400 • 5 d		•	•							•		
15 F ⁴	50 • 100 • 5 w	•	•	•		•	•					•	
5 F ⁴	300-600 • 18 mo		•						•		•		
12 F ⁴	300 • 3 w	•	•						•				
26 F ⁴	Spontaneous	•	•						•				
46 F ⁴	400 • 2 w	•	•				•						
36 F ⁴	400 • 3 w		•		•		•		•		•		
14 F ⁴	400 • 15 w	•	•	•		•	•		•	•			
31 F ¹⁰	400 • 4 w	•	•			•	•		•				
27 F ¹¹	7 • 4 d	•	•	•			•						
37 F ¹¹	300 • 1 mo		•		•							•	
13 F ¹¹	250 • 1 w		•	•			•					•	
41 F ¹¹	100 • 15 w		•	•			•					•	
62 F ¹²	100 • 3 w		•				•					•	
15 F ¹²	225 • 12 w	•	•			•	•		•	•	•	•	
7 F ¹⁴	200 • 15 w		•			•	•		•		•		
50 M ¹⁵	150 • 2 mo	•	•							•			
23 F ¹⁶	300 • 6 d		•			•							•
13 M ¹⁷	300 • 6 mo		•	•			•		•		•	•	
47 F ¹⁸	600 • 1 mo	•	•				•						•
25 F ¹⁹	300 • 6 w		•	•								•	
15 F ²⁰	75 • 50 • 2 w		•			•					•	•	
27 F ²¹	100 • 2 w	•			•		•					•	
12 F ²²	150 • 20 mo		•		•						•		
13 F ²²	500 • 15 w		•		•						•		
47 F ²²	400 • 1 mo	•			•							•	
Methimazole													
68 M ²³	30-80 • 2 w		•	•									
23 F ²⁴	45 • 1 w				•						•		
28 F ²⁵	30 • 3 w	•	•		•								
63 F ²⁶	30 • 1 w				•							•	
15 F ²⁷	60 • 3 w	•	•		•								
26 F ²⁸	60 • 15 d	•			•								

*Defined as leukocyte count less than $4.0 \times 10^9/L$ or granulocyte count less than $0.25 \times 10^9/L$.

roid drugs are felt on clinical grounds to be immunologically mediated; in some cases there was also supportive laboratory evidence of abnormal humoral or cellular immunologic activity. Many of the reactions to propylthiouracil were considered to be a lupus-like syndrome. However, there must be adequate criteria for a true diagnosis of drug-induced systemic lupus erythematosus (SLE).⁴⁰ Although antinuclear antibodies were present in a few cases (10 of 53), none of the cases had adequate criteria for the diagnosis of SLE.⁴¹ Also, the incidence of antinuclear antibodies in a propylthiouracil-treated patient population was reported to be no greater than that in a control population.⁴⁴ In contrast to these findings are the SLE-like syndromes associated with hydralazine hydrochloride and procainamide, in which antinuclear antibodies are present in all patients and in a large number of asymptomatic patients exposed to the drug.⁴⁹ Thus, it is more appropriate to refer to the side effects of antithyroid drugs as immunologically mediated than as lupus-like syndromes.

The reactions were characterized by symptoms and signs that varied widely in severity, ranging from rash and arthralgia (frequently seen) to agranulocytosis and fatal vasculitis (rare). Potentially life-threatening manifestations were not heralded by prodromes of milder symptoms and are therefore not predictable. Therapy with the drug was stopped in most cases when the toxic effects appeared. Rechallenge was not described; it occurred inadvertently in one case and resulted in death.³⁷ However, in several cases milder reactions (e.g., rash and joint symptoms) resolved despite continued administration of the drug.¹⁷

Cross-reactivity between antithyroid drugs

Several patients reacted to both propylthiouracil and methimazole when given a trial of each.^{7,16,19,24,50} A recent study showed that in some patients with propylthiouracil-induced agranulocytosis, peripheral blood lymphocytes underwent transformation in the presence of methimazole or carbimazole.²⁹ As well, serum from some of these patients induced neutrophil agglutination in the presence of thionamide drugs other than propylthiouracil. The observations of both clinical and in-vitro cross-reactivity among these drugs strengthen the hypothesis that the adverse effects are immunologically mediated.

Cause of adverse effects

The mechanism of stimulation of antibody production and of cellular immunity remains unclear. The stimulation of immune responses to various unrelated autoantigens by antithyroid drugs is in contrast to the suggested immunosuppressive activities of these drugs.⁵¹⁻⁵³ Propylthiouracil has been shown in vitro to suppress lectin-induced incorporation of tritiated thymidine into

the DNA of peripheral blood lymphocytes. In vivo, carbimazole has been associated with decreased levels of antinuclear antibodies and of antibodies to the receptor for thyroid-stimulating hormone.⁵² The suppressor activity of peripheral blood lymphocytes in patients with Graves' disease, which is diminished, has been shown to revert toward normal during antithyroid drug therapy.⁵³ However, similar findings have been reported in patients treated with radioiodine,⁵⁴ which suggests that the hyperthyroid state itself may be responsible for the immunologic abnormalities.⁵⁵

The aberrant immune responses described in this review may be related to the underlying abnormal immunologic function of patients with Graves' disease. However, there was an insufficient number of cases and insufficient detail to determine whether the risk of drug hypersensitivity differed in hyperthyroidism due to causes other than Graves' disease. The mechanism by which the drugs stimulate the response may involve the thiol group of the drugs, which permits covalent bonding to cellular macromolecules. Such a complex with thyroglobulin has been demonstrated.⁵² The drug may therefore serve as a hapten and induce antibody production. Such a mechanism may give rise to single autoantibodies (to insulin, glucagon, neutrophils or marrow precursor cells). However, when multiple autoantigens are targeted in a given patient, drug modification of multiple macromolecules or of proteins involved in regulation of the immune response would have to be postulated.

Alternatively, metabolites of propylthiouracil may compete with thymidine triphosphate as a substrate and therefore inhibit synthesis of DNA.⁵¹ If the metabolite is incorporated into DNA, abnormalities of regulation of immune function may occur that ultimately result in the expression of adverse effects.⁵¹

It is not clear why certain people are susceptible to these adverse effects. Similarly, the manifestation of toxicity in different organ systems indicates heterogeneity of response. Genetic deficiencies of drug-metabolizing enzymes have been demonstrated by Spielberg⁵⁷ in patients with adverse reactions to acetaminophen and anticonvulsant drugs. It is not known whether such deficiencies are involved in adverse effects of antithyroid drugs. Further investigation of the metabolism of antithyroid drugs⁵⁸ and of the associated immunologic abnormalities should provide insight into this problem.

Guidelines for management

Despite uncertainty as to the pathogenesis of the adverse effects, review of the literature does provide guidelines to the clinician for the management of these patients. First, the reactions are unpredictable and occur at any age, dose and duration of therapy. Cooper and colleagues⁵⁹ studied a series of patients with antithyroid drug-

induced agranulocytosis and suggested that older patients and those receiving high doses of methimazole are at greatest risk. However, when other reactions are considered, such trends are not apparent. Therefore, awareness of the entity is necessary for its early recognition. Routine monitoring of laboratory values is not helpful. Patients should be instructed to immediately report the classic presenting symptoms: fever, sore throat, rash and arthralgias. Since rash or arthralgias without other systemic manifestations may resolve spontaneously, continued therapy with close observation is possible in such cases. However, if these symptoms persist or if more serious manifestations occur, therapy should be stopped immediately. Withdrawal of the drug is usually adequate to reverse the toxic effects.

The benefit of corticosteroid therapy is uncertain, but this treatment is recommended in cases of life-threatening or poorly resolving toxic effects. We suggest high-dose therapy (1 mg/kg of prednisone or an equivalent drug) for the former situation and more moderate dosages (0.5 mg/kg) for the latter. These drugs should be rapidly tapered off once the toxic effects have resolved. In the presence of agranulocytosis and fever without an evident infectious source, broad-spectrum antibiotic therapy would be appropriate until the granulocyte count reaches $1.0 \times 10^9/L$.

Because of cross-reactivity, therapy with another thionamide drug is not advisable, and alternative forms of management of the hyperthyroidism should be instituted.

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The following table which is based on theoretical considerations may be useful as a guide in minimizing drug absorption: